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## ABSTRACT

A method of forming an ink-jet image, comprising the steps of: ejecting droplets of an ink onto an ink-jet recording media which includes a support having thereon an outermost layer containing a thermoplastic resin; and then applying pressure onto the outermost layer with a pressing apparatus so that a thickness of the outermost layer after applying pressure is 50 to 80% of the outermost layer before being applied pressure.